perplexity

5 sites

Yes, Chun Kuk Do (currently known as the Chuck Norris System) is an American hybrid martial art that was originally based on Tang Soo Do, but it has since evolved into its own distinct style.
Wikipedia
A closer look at how the two arts are connected shows the following details:
The Foundation: Martial arts icon Chuck Norris earned his early black belts in Korean Tang Soo Do while serving in the military.
The Evolution: Throughout his unparalleled competitive fighting career and beyond, Norris expanded on his initial Tang Soo Do training to make the system more well-rounded. He heavily studied other styles that complemented his foundation, ultimately incorporating elements of Taekwondo, Kenpo, and Brazilian Jiu-Jitsu (specifically from the Gracie and Machado families).
Wikipedia +2
Differentiation: By 1990, the art had evolved so drastically from its traditional roots that Norris stopped using the name Tang Soo Do. While the majority of the system's original forms trace their lineage to Korean Tang Soo Do and Taekwondo, Chun Kuk Do emphasizes a much broader mix of self-defense, competition, weapons, grappling, and character development.
Wikipedia +2
For a quick two-minute visual breakdown of the origins, principles, and key components of Chun Kuk Do:
1:52

Chun Kuk Do in 2 Minutes | Just The Basics
YouTube · Up4Education

Would you like to know more about the 10 Rules of the Code of Honor that Chuck Norris created specifically for this system, or do you want to explore how its competition rules differ from traditional arts?
23 sites
No, Tang Soo Do is not a form of Shotokan Karate, but they are very closely related. Tang

Soo Do is a Korean martial art that was heavily influenced by Shotokan, sharing about 70% to 80% of the same techniques and forms (kata).

The History Connection

The Founder: The creator of Tang Soo Do, Hwang Kee, mastered traditional Korean arts but also intensely studied Okinawan and Japanese Karate books.

The Shotokan Influence: Other early pioneers of Tang Soo Do actually moved to Japan during the Japanese occupation of Korea and trained directly under Gichin Funakoshi, the legendary founder of Shotokan Karate.

The Name: The literal translation of "Tang Soo Do" is "Way of the Chinese Hand." This is the exact same original Chinese character mapping that Gichin Funakoshi initially used for "Karate-Do" before changing it to mean "Empty Hand."

Key Differences

While they look very similar, you can tell them apart by looking at a few distinct stylistic elements:

Feature	Shotokan Karate	Tang Soo Do
Origin Country	Japan (Okinawa)	Korea
Stances	Deep, long, and low stances	Higher, more mobile stances
Kicking Style	Primarily linear, low-to-mid height	Highly dynamic, spinning, and jumping kicks
Forms (Kata)	Performed with rigid, crisp, linear power	Performed with a fluid "wave-like" rhythm
Language	Japanese terminology (e.g., Zenutsu-dachi)	Korean terminology (e.g., Chon-gul ja-seh)

Form Adaptations

If you practice both, you will instantly recognize the patterns. Tang Soo Do adapted the foundational Shotokan forms almost directly, changing only the names and adding a few signature Korean twists:

The Heian / Pinan Series: Shotokan's five Heian kata are practiced in Tang Soo Do as the Pyung Ahn forms.

The Bassai Kata: Shotokan's Bassai Dai is practiced in Tang Soo Do as Bassai or Pal Che.
The Kanku Kata: Shotokan's Kanku Dai is practiced in Tang Soo Do as Kong Sang Koon.
Would you like to explore how the ranking and belt systems differ between these two arts, or are you interested in comparing their sparring rules?
10 sites
No, Tang Soo Do is not a form of Taekwondo, but they are close "cousins" that share a massive amount of historical DNA. Historically, Tang Soo Do actually
existed before Taekwondo.
Reddit·r/taekwondo +1
The Split History
The Original Schools: After World War II, several major martial arts schools (called Kwans) opened in Korea, teaching arts heavily based on Japanese Shotokan Karate mixed with Chinese and traditional Korean styles. These schools initially used names like Tang Soo Do or Kong Soo Do.
The Taekwondo Unification: In the 1950s and 1960s, the South Korean government and various martial arts leaders pushed to unify all these different schools into a single, nationalized Korean sport under the new name Taekwondo.
Reddit·r/taekwondo +1
The Resistance: While many school leaders joined the unification, Hwang Kee (the founder of the massive Moo Duk Kwan school) resisted the political pressure. He chose to keep his art independent, continuing to use the name Tang Soo Do to preserve traditional techniques and forms that were being phased out by the modern Taekwondo movement.
Wikipedia +2
Modern Technical Differences
Over the last several decades, Taekwondo evolved into an Olympic sport, while Tang Soo Do remained a traditional martial art. This has created distinct stylistic differences today:

Feature	Taekwondo (TKD)	Tang Soo Do (TSD)
Primary Focus	Modern Olympic sport and athletic agility.	Traditional self-defense and character building.
Striking Balance	Heavily relies on kicking (roughly 80% feet, 20% hands).	Balanced approach (roughly 60% feet, 40% hands).
Movement Style	Light, bouncing on the toes for rapid movement.	Grounded, deep, and stable stances.

Forms (Kata/Hyung)
Uses modern Taegeuk or Chang-Hon forms.
Preserves traditional, Karate-style Pyung Ahn forms.
Hand Strikes
Hand techniques to the head are heavily restricted in Olympic sparring.
Utilizes a wide variety of open-hand strikes, punches, and ridge-hands.
Would you like to learn more about the specific sparring rules used in Tang Soo Do tournaments compared to Olympic Taekwondo, or are you interested in how their belt progression timelines differ?
26 sites
Tang Soo Do primarily came from Shotokan Karate, but it is a hybrid martial art built from three distinct ancestral styles.
The founder of Tang Soo Do, Hwang Kee, combined his knowledge of traditional Korean arts with foreign techniques he studied in the 1930s and 1940s to create the system.
The Three Ancestral Styles
Shotokan Karate (Japan): This is the primary technical foundation. During the Japanese occupation of Korea, Japanese Karate books became available, and several early Korean masters trained directly in Japan. Tang Soo Do adopted Shotokan's linear punches, deep stances, and core forms (such as the Pyung Ahn / Heian series).
Subak / Taekkyon (Korea): These are ancient, traditional Korean martial arts. They contributed the highly dynamic, fluid, and powerful kicking techniques that helped differentiate Tang Soo Do from rigid Japanese styles.
Kung Fu (China): In 1936, Hwang Kee traveled to Manchuria, China, where he studied Kuk Sool (traditional Chinese martial arts) and the northern styles of Kung Fu. This added circular hand techniques and fluid breathing concepts to the art.
The Original Name
Because of this mix, Hwang Kee originally named his specific system Hwa Soo Do ("Way of the Flowering Hand"), but it failed to attract students. When he integrated the more popular, Karate-influenced techniques and rebranded it as Tang Soo Do Moo Duk Kwan in 1945, the art rapidly expanded.
Would you like to explore the history of how Hwang Kee blended these styles in China, or should we look at the specific Chinese Kung Fu forms that are still practiced in advanced Tang Soo Do today?
American Tang Soo Do
Wikipedia
Hyeong

Wikipedia
Tang Soo Do | Taekwondo Wiki | Fandom
Taekwondo Wiki | Fandom
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Tang Soo Do is not simply a form of Shotokan Karate, but it is very closely related and historically borrowed heavily from it. The strongest evidence in the sources is that Tang Soo Do developed in Korea under Hwang Kee, then diverged from the postwar Karate-influenced kwan system and later maintained a separate identity from Taekwondo as well.[1][2][3]

How they connect

Tang Soo Do emerged in Korea in the 1940s and is described as borrowing heavily from Shotokan Karate, while also incorporating other influences such as Korean and Chinese martial traditions. The “Way of the Chinese Hand” naming history also ties both arts to the older Korean/Japanese use of □□□, which helps explain why the techniques and forms overlap so much.[2][3]

Main differences

Modern Tang Soo Do usually keeps a more traditional, self-defense-oriented identity, while Shotokan is a Japanese Karate style with its own kata, terminology, and training culture. Tang Soo Do schools often emphasize higher stances, more kicking variation, and Korean terminology, whereas Shotokan is typically characterized by deeper stances and more linear power generation.[4][5][1][2]

Practical takeaway

So the best short answer is: Tang Soo Do is not Shotokan, but it is historically a close cousin with major Shotokan roots. If you want, I can also break down the specific forms and techniques that Tang Soo Do inherited from Shotokan and how they changed over time.[6][1][2]

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WOMEN,LADIES,&GIRLS OF WASHIN-RYU&TANGSOODO

Women, ladies, and girls are well represented in Tang Soo Do competition and training, and modern event divisions explicitly include girls' and women's forms and weapons categories. There are also documented examples of women instructors and practitioners in Tang Soo Do and related Moo Duk Kwan/Soo Bahk Do communities.[11][12][13]

What this means

In practice, Tang Soo Do is not limited by gender; schools and tournaments often separate divisions by age and rank rather than by skill ceiling. That structure makes it common to see young girls, adult women, and senior female black belts training and competing in the same system.[14][12][13]

Related context

If your phrase "WASHIN-RYU & TANGSOODO" means you want a comparison of women's participation in Washin-Ryu versus Tang Soo Do, the Tang Soo Do side is clearly documented in the sources I found, while Washin-Ryu needs a more specific school or organization name to verify accurately. A clear next step would be to compare women's ranks, tournament divisions, or historical female instructors in both arts.[12][13][11]

Would you like me to compare women's divisions in Washin-Ryu and Tang Soo Do side by side?

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1. https://www.taekwondo-idf.com/fr/142-tang-soo-do.html
2. https://taekwondo.fandom.com/wiki/Tang_Soo_Do
3. https://de.wikipedia.org/wiki/Tang_Soo_Do
4. https://www.reddit.com/r/karate/comments/1ise0zt/tang_soo_do_vs_shotokan_karate/

5. https://www.martialtalk.com/threads/shotokan-and-tang-soo-do.22270/

6. https://www.youtube.com/watch?v=-uZgfkC9A0g

7. https://www.youtube.com/watch?v=H0EJSKNrDos

8. https://www.youtube.com/watch?v=vHMDex9AT_c

9. https://www.reddit.com/r/karate/comments/1bz496o/how_similar_are_shotokan_karate_and_tang_soo_do/

10. http://www.aatsd.com/mobile/history.php

11. https://www.youtube.com/watch?v=SHZbC6FQ8PY

12. https://awmai.org/page-1713959/169540007

13. https://akawarriorcup.com/tangsoodo/

14. https://www.youtube.com/watch?v=6Z7XRv0TgvE

15. https://worldtangsoodo.com/wp-content/uploads/2017/09/Newsletter_85_Fall_2017.pdf

16. https://www.tiktok.com/discover/tang-soo-do-women

17. https://www.facebook.com/karate.old.school/posts/tang-soo-do-karate-and-taekwondo-vintage-women/1182935467166289/

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